



### Dry Needling Informed Consent

Please review the following information PRIOR to consenting to being treated with dry needling techniques, recommended by your physical therapist or physician as part of your plan of care.

Dry needling administered by a physical therapist is not the same as acupuncture, however, it is a technique that utilizes similar thin, solid filament needles. The dry needling technique is used specifically to treat myofascial trigger points, muscle spasms, scars, or other areas with tight tissues. Like any medical procedure, there are possible complications. While these complications are uncommon, they do sometimes occur and must be considered prior to giving consent to the procedure. If you are pregnant, use anti-coagulant medications (blood thinners), or have any cosmetic implants, please notify your physical therapist prior to dry needling. Please check the appropriate box:

☐ I am pregnant; ☐ I am taking blood thinners; ☐ I have (cosmetic) implants: \_\_\_\_\_

- Pain. When a needle is inserted in the correct location, it may briefly reproduce a muscular ache or a twitching response, which usually indicates that the technique will be effective in reducing your symptom. You may experience a muscular ache for one or two days, similar to the ache after working out, followed by an expected improvement in your overall symptoms. It is important that you share with your physical therapist if you are feeling uncomfortable with the treatment.
- Infection. Any form of skin penetration creates an opportunity for bacteria to enter the system. In order to minimize the risk, your physical therapist will only use sterile disposable single-use needles. There is only one reliable reported case of infection in the medical literature due to dry needling worldwide.
- Bruising or Bleeding. On occasion you may experience minimal bruising or bleeding.
- Pneumothorax (collapsed lung). Pneumothorax is a serious medical condition that can occur when a needle is placed too deep into the lining that covers the lungs. The diagnosis is made with an x-ray or with sonography. Your physical therapist has been trained to avoid the lungs and limit needle depth to avoid a pneumothorax.
- Epidural hematoma (bleeding in the spinal canal). When needling near the spine, there is a small risk of causing a bleed in the so-called epidural region. Worldwide there are less than 10 reported cases in the acupuncture and dry needling literature. Your physical therapist has been trained to avoid this complication.
- Drowsiness, fatigue and autonomic responses. On occasion you may experience a feeling of tiredness, nausea, dizziness, or sweating. If this occurs, you may be asked to avoid driving until the feeling has passed. Changes in blood pressure, heart rate, flushing of the face or breathing rate are involuntary reflexes, which may occur occasionally as a result of dry needling without cause for concern.

I have read this form and I understand the risks involved with dry needling therapy. I have had the opportunity to ask questions and express any concerns, which have been answered to my satisfaction. I also agree to advise my physical therapist of any and all changes in my physical condition whether or not I believe these changes will affect my treatment or plan of care.

With my signature, I hereby consent to the performance of dry needling provided by my physical therapist.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_